

# *Real help. Anytime, anywhere*

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## AIR FORCE One Source

You try to find enough time for everything— your family, your mission, your community, your life. Whether you're planning your deployment or reunion, preparing for a new baby, coping with a family problem or personal issue, or just dealing with the ups and downs of every day life, Air Force One Source can help make it easier by giving you the support, information and resources you need. When you don't have time, or can't get to an agency on base for assistance, it's easy to access Air Force One Source, on the phone, or online, with one-on-one consultations, articles, seminars and workshops.



### Get in touch anytime:

From the U.S.: 800-707-5784  
International: 800-707-5784  
International Collect: 484-530-5913

Or [www.airforceonesource.com](http://www.airforceonesource.com)

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